

# CAMP AU SABLE

## Parent Handbook



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# WELCOME!

Dear Parent/Guardian,

Thank you for the privilege of having your child join us at Camp Au Sable this summer. We are thrilled to welcome them and are proud to have a well-trained, dedicated team of staff members who are excited to care for your child during their time at camp.

While our program includes a variety of fun and engaging activities—such as swimming, go-karting, rock climbing, and horseback riding—our greater purpose is to provide meaningful opportunities for each camper and staff member to grow in their relationship with Jesus.

This handbook outlines the mission of Camp Au Sable, the policies we have in place to ensure camper safety, and tips for helping your child have a successful and enjoyable week at camp.

If you have any questions not answered in this document, please don't hesitate to contact our office. We look forward to an incredible summer filled with adventure, growth, and cherished memories.

**David Glenn**  
*Camp Au Sable Director*

# CAMP PHILOSOPHY

Camp Au Sable strives to be a place where children from all backgrounds are able to come to experience the redeeming love of Jesus Christ and immerse themselves in the camp experience through a week of activities, exposure to nature, worship, and connection. Imperative to our philosophy is sharing Jesus' sacrificial and restorative love that is so clearly demonstrated in the Bible, and spreading the good news of His soon return. Our goal as camp staff is to represent Jesus' love to our campers in the best way possible, through not only our words, but also our actions.

Camp Au Sable exists to provide a **place** and **program** where campers and staff are encouraged to **fall in love with Jesus** and **make practical life decisions to follow Him**.



Camp Au Sable believes that each person is created in the image of God, regardless of ability, culture, race, gender, religion, or background. Because of this, every camper is valuable and deserves to be treated with respect.



# PROGRAM GOALS & OBJECTIVES

## SPIRITUAL

- 1.To, without force or coercion, provide each camper with an opportunity to give their heart to Jesus and make the decision to follow Him daily.
- 2.To inspire and model to campers how to begin and continue a consistent devotional life.
- 3.To invite campers to experience the joy and abundance that comes with Sabbath rest in communion with God.

## CHARACTER DEVELOPMENT

- 1.To teach and disciple campers to become like Jesus
  - a. To love and respect God and others
  - b. To have the discipline and integrity to do the right thing

## PHYSICAL

- 1.To provide quality vegetarian meals to facilitate campers' growth and energy.
- 2.To give campers the opportunity to set goals and challenge themselves to grow.
- 3.To provide programming for campers to have healthy, good-natured, Christian fun and adventure.

## SOCIAL

- 1.To facilitate campers building positive, lasting relationships with peers.
- 2.To provide opportunities for campers to build positive, lasting relationships with mentors.
- 3.To support campers as they practice building good social skills.

# PROGRAM GOALS & OBJECTIVES

## MENTAL HEALTH

- 1.To provide campers with basic healthy strategies for coping with stress and anxiety (including building a relationship with Jesus, leaning on community, spending time in nature, and establishing healthy habits).

## NATURE

- 1.To provide campers with opportunities to gain a practical understanding of God's creation.
- 2.To help campers get to know their Creator through their understanding of nature.

## LEADERSHIP

- 1.To give campers the opportunity to lead their fellow campers in spiritual and non-spiritual capacities.



# BEFORE YOU ARRIVE

1. **Log in to UltraCamp to take care of your reservation balance ASAP.** You can also verify your camper's lodging, classes, and buy your camper a surprise bag!
2. Make sure an updated copy (front/back) of your **insurance card** is uploaded via the Document Center in UltraCamp.

*Be sure to write your **camper's NAME** and **Adventure/Junior/Tween/Teen Camp** on the copy that you upload.*

3. Sign and fill out the **Photo Consent and Activity Waiver**, and the **Medical Information Form**. Please go online and make sure that both are signed and filled out by the camper's parent or legal guardian! Campers cannot be here without photo consent/activity waiver AND the medical form both filled out and signed.



# WHEN YOU ARRIVE

1. Registration opens at **2:30pm** on Sunday and will remain open until **4:45pm**. Kindly do not arrive before this time as this will not expedite your check-in process. Check-in begins at the front gate by the Grayling SDA Church. At 2:30pm, we will open up registration to both those on Fast Track and to those who have a few items left to check in at the office.
2. **Fast Track:** You will be eligible for "FAST TRACK" if you have:
  - a. \$0 Balance on Account
  - b. All the online forms are COMPLETED and SIGNED by PARENT/GUARDIAN
  - c. Uploaded/Faxed/Emailed copy of both sides of your health insurance card
3. If you are not on Fast Track, you will head directly to the office to complete registration before going to your camper's cabin.
4. If you are on Fast Track, you can head directly to your camper's cabin where their counselor will begin checking you in. After meeting the counselor, if you brought any medications, you will head to the cafeteria with your camper to check those in with our medical team for the week.
5. Once you have completed all of these steps, you will leave your check-in sheet with the counselor and they will sign and keep it. Make sure the check-in sheet stays with your camper!

# WHAT TO BRING TO CAMP

## Clothes

- ☐ Shirts  
*Tank Top Straps must be 3 inches wide*
- ☐ Shorts  
*Fingertip length; no spandex shorts*
- ☐ Pants  
*No leggings unless worn with long shirt*
- ☐ Pajamas
- ☐ Shoes  
*-Closed toed shoes (crocs don't count!)*  
*-Flip flops or water shoes*
- ☐ Modest Swimsuit  
*-Boys - swim trunks. No speedos!*  
*-Girls - one piece swimsuit with board shorts*
- ☐ Special Sabbath Attire  
*-Boys - Nice shirt and shorts/pants*  
*-Girls - Modest Dress or Skirt to knee or rompers/palazzo pants*
- ☐ Undergarments and socks
- ☐ Rain jacket and umbrella
- ☐ Warm outerwear and sweatshirt
- ☐ Bible
- ☐ Sleeping bag
- ☐ Pillow
- ☐ Flashlight
- ☐ Bathing towel **and** swim towel
- ☐ Sunglasses or hat
- ☐ Sunscreen
- ☐ Insect Repellent
- ☐ Waterbottle
- ☐ Prescription Medications (give to the nurse!)

## Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Shampoo, conditioner, soap
- ☐ Brush/comb
- ☐ Lotion
- ☐ Deodorant
- ☐ Feminine Products

*Note: Sturdy shoes or boots with heels are required for horseback riding and welding. A long sleeve shirt will also be required for welding!*

## WHAT NOT TO BRING TO CAMP

Jewelry (earrings, bracelets, necklaces, rings), crop tops, bikinis or tankinis, personal sport equipment, pets, electronics of any sort (smart watches, cell phones, gaming devices, reading devices), tobacco, alcoholic beverages, any illegal substances, over-the-counter drugs or ointments, weapons, fireworks, vehicles, animals.



# CAMPER MEDICATIONS

- All medications and vitamins must be turned over to our camp nurses upon check-in.
- If there are special instructions, please bring and give them to the nurse during check-in.
- If you are concerned about sending your child's entire supply of medication, please send enough medication for their stay, plus two or three extra (in case one falls on the ground, etc.)
- Our Camp Medical Team stocks most over-the-counter medications needed at camp so it is not necessary that you include these items in your camper's packing. (Zyrtec & Claritin are not included in this, if taken daily).
- Camper Medication Pick-Up: All camper medications should be retrieved from the counselor upon pick-up on Sunday. Should you forget to pick up your camper's medications, please contact the camp office.



# CAMPER INFORMATION

## Staff to Camper Ratios

Below are our staff to camper ratios. These ratios are based on the recommended ratios set by our organization and the American Camp Association and are to be followed during all programs run by Camp Au Sable.

### ***STAFF : CAMPER RATIO***

**1:6**

***Staff to Adventure  
Camper Ratio***

**1:8**

***Staff to Junior/Tween  
Camper Ratio***

**1:10**

***Staff to Teen  
Camper Ratio***

## Lost and Found

We all know that inevitably something may be left behind once your camper leaves Camp Au Sable. We will make every effort to return lost and found items while your camper is at camp, but your camper can do more than anyone to insure that nothing is lost.

Please mark all items with a permanent marker or laundry label for easy identification. Check our dedicated lost and found table located by the camp office during pickup.

If you notice items were left behind once home, please contact our camp office at 989-348-5491 or email us at [office@campausable.org](mailto:office@campausable.org) with a brief description of what was lost. ***Camp Au Sable is not responsible for lost, stolen or damaged items or responsible to mail lost and found items.***

# CAMP STORE

Every camper will have the opportunity to visit the camp store to buy a sweet treat, toy, or some Camp Au Sable merch. We recommend that campers deposit money in their Ultra Camp account to prevent them from losing their money during their time at camp.



If you would like to add money to your camper's account for them to use during the week there are a few ways to do so:

1. As part of the registration process on UltraCamp.
2. When you drop off your child at camp, you can stop by the camp store or office to add funds.
3. Anytime by calling the camp office or through your UltraCamp account.

If there is leftover money in your camper's account at the end of the week there are a few options of what you can do:

1. Donate the funds to the Matthew Jacobs Worthy Camper Fund.
2. Withdraw the funds from the camp store at pickup.
3. Leave the excess money on your account for a future session.



# CONTACTING HOME

- Camp Au Sable will contact parents/guardians in cases involving camper health, safety, and behavior, including:
  - Any injury/sickness/health condition warranting a hospital visit
  - If their camper has been intentionally injured by another camper
  - If their camper has intentionally injured another camper
  - If their camper has presented a consistent or major behavior concern that could result in the camper going home early

When a camper spends a week at Camp Au Sable they are afforded a unique opportunity to grow independently from their parents. During that week, they experience a nurturing social environment and learning opportunities with a staff that is invested in the wellbeing of the campers.

Because this independence is an important part of a camper's experience and growth at summer camp, and because a call home may unnecessarily trigger homesickness, Camp Au Sable's general practice is to encourage campers to find alternative ways to deal with homesickness. However, if a parent would like to organize check-in times to speak with their child, they are welcome to arrange call times with the camp office and boys/girls director.



# CHECK-OUT PROCEDURE

Camp Check-out runs on Sunday from 9-11am. Here are the steps to check-out.

1. Start by heading to the cabin where your camper has been staying.
2. Next, bring your driver's license with you to sign out your camper and any other campers you may be picking up. If you are not on the list of approved contacts for a camper, you will be sent to the office to submit a copy before you are allowed to sign out the camper.
3. Make sure you have received any medications you brought with you and sign them out with the counselor.
4. Before leaving, check our lost and found table by the office!
5. If you would like to withdraw any extra money from the camp store or pick up a souvenir or ice cream cone to take with you, be sure to do that before leaving as well.



# WHEN WILL A CAMPER BE SENT HOME EARLY?

Campers are sent home early to protect them and their fellow campers in the event that, for behavior, environment, or health reasons, Camp Au Sable staff are unable to continue to ensure their safety. The following are situations when a camper is on track to be sent home early (the intensity of each individual situation will call for different responses. Some situations will require a camper to be sent home immediately, while other situations will involve a more gradual process):

- The camper presents a clear danger to him/herself or others
- The camper has intentionally harmed another camper
- The camper enters the sleeping area of campers of the opposite sex
- The camper is unwilling to obey directions given by staff members
- The camper refuses food or medical care to the point where they are in danger if they continue at camp

Our ultimate goal is for every camper to enjoy the entire week of camp and all the wonderful experiences it offers. Our staff are committed to doing everything we can to support that outcome by offering guidance, encouragement, and appropriate interventions when challenges arise, working closely with the camper and communicating regularly with the family.

# SAMPLE CAMP SCHEDULES

## Adventure Camp Daily Schedule

|             |                                      |
|-------------|--------------------------------------|
| 8:15        | Village Line Call                    |
| <u>8:30</u> | <u>Breakfast</u>                     |
| 10:00       | Camp Council                         |
| 10:45-11:35 | Morning Activity Rotation #1         |
| 11:55-12:45 | Morning Activity Rotation #2         |
| 1:00        | Lunch Line Call                      |
| <u>1:00</u> | <u>Lunch</u>                         |
| 3:00-3:50   | Afternoon Activity Rotation #1       |
| 4:10-5:00   | Afternoon Activity Rotation #2       |
| 5:20        | Supper Line Call (for villages)      |
| <u>5:30</u> | <u>Supper</u>                        |
| 7:00        | Program Line Call ( <i>Campers</i> ) |
| 7:15        | Worship                              |
| 10:00       | Lights Out                           |

## Junior-Teen Schedule

|             |                               |
|-------------|-------------------------------|
| 8:15        | Village Line Call             |
| <u>8:30</u> | <u>Breakfast</u>              |
| 9:45        | Camp Council (Everyone)       |
| 10:30       | Class Period 1                |
| 11:45       | Class Period 2                |
| 1:00        | Lunch Line Call               |
| <u>1:00</u> | <u>Lunch</u>                  |
| 2:45        | Activity Rotations            |
| 5:50        | Line Call (Flagpole)          |
| <u>5:30</u> | <u>Supper</u>                 |
| 7:15        | Program Line Call (Ballfield) |
| 7:30        | Worship                       |
| 10:30       | Lights Out                    |

# CONTACTING YOUR CAMPER



## ***One-Way Email***

*Our one-way email is a way for you to write to your camper letting them know you are thinking about them. An email can be sent by logging into the Ultra Camp account where the camper's reservation is located and following these instructions:*

- 1. Click message center and choose "email a camper".***
- 2. Select the camper's name.***
- 3. Write your email and send.***

*Emails are printed out daily and delivered at lunchtime. Campers are not able to respond to emails, but love to read notes from home!*



## ***Camper Mail***


*If you choose to send a package or letter by mail, please include the camper's name on the package.*

**Camp Au Sable  
[Camper's Name]  
2590 Camp Au Sable Dr.  
Grayling, MI 49738**



# CONTACTING CAMP AU SABLE

## *Summer Camp Office*

 989-348-5491

 [office@campausable.org](mailto:office@campausable.org)

 2590 Camp Au Sable Dr.  
Grayling, MI 49738

